

Notice to Sun Lun Yogis for Online Meditation Practice

孙伦禅修者 线上禅修须知

1. In accordance with the regulations of Sun Lun Meditation Center, yogi's are prohibited from using any other meditation methods during the online meditation time.

按照孙伦禅修中心的规定，在线共修室内严禁使用其他禅修方法。

2. During meditation, kindly be seated on the floor and avoid sitting on beds, chairs, or sofas.

禅修时，请务必坐于地板上，避免坐在床、椅子或沙发上。

3. Please refrain from using thick cushions during your meditation. In stead thin blankets may be used, we strongly advise practitioners to utilize only a very thin mat, such as a bamboo or straw mat.

禅修时，请勿使用任何厚坐垫。

虽可使用薄毯子，但我们强烈建议行者仅使用非常薄的坐垫，例如竹席或草席。

4. Please ensure that your back is not leaning against any walls or other objects during meditation.

禅修时，请确保背部不要靠在墙壁或其他物体上。

5. Please take off the glasses during the meditation.

禅修时请摘下眼镜。

6. During meditation, please turn on your camera to display your entire body, allowing meditation instructors to provide guidance. If you are using a mobile phone, please place it in a vertical position.

禅修时请打开摄像头，显示全身，以便禅修老师进行指导。

如果使用的是手机，请把手机竖直放置。

7. Please avoid using virtual backgrounds during the video session, as it may obstruct the instructor's ability to observe your meditation posture.

视频时请勿使用虚拟背景，以免妨碍指导老师观察禅修者的禅坐姿势。

8. Prior to joining the class, please check that your mobile phone or computer is set to mute. During meditation, please keep your microphone on mute.

参加课程时请检查手机或电脑，是否已调成静音模式。

禅修时请保持话筒的静音模式。

9. Please respect others' privacy. Without their consent, do not share or disseminate any screenshots or videos taken during meditation.

请尊重他人隐私。未经他人同意，请勿将禅修时的截图或录像随意分享散播。

10. Please try to find a well-lit, ventilated, and undisturbed place to meditate, and ensure that there is no interference during the group meditation.

请尽量找固定的、光线好、通风及不受干扰的地方禅修，确保在共修期间不受干扰。

11. Guidelines for Dress Code during Sun Lun Meditation Group Practice:

共修着装指导:

- a. To respect Sangha, all Sun Lun meditation yogis — nuns, ladies, gentlemen, and all laymen (who have not received ordination as Buddhist monks by Sangha) , — it is forbidden to wear monk robes or clothes resembling monk robes during group meditation sessions.

为尊重僧团，所有孙伦禅法行者 — 包括出家尼，女士，男士，以及（未经僧团正式授出家戒的）居士，在集体禅修期间，禁止穿比丘袈裟，或类似比丘袈裟的服装。

- b. We kindly request you to wear shirts that cover both shoulders and upper arms, either long sleeved or short-sleeved. Please avoid sleeveless garments such as tank tops.

敬请穿着能覆盖肩膀和上臂的上衣，长袖或短袖均可。

请避免穿着露肩衣如背心之类的衣物。

c. We recommend wearing clothing that is comfortably fitting rather than overly tight.

请选择不过于紧身的衣着，以保持自在。

d. In the interest of maintaining decorum, please avoid garments with excessively low necklines, exposing too much of the chest or back.

为保持庄重，敬请避免穿着领口过低、露出过多胸部或背部的衣物。

e. We kindly request that you wear skirts or pants that completely cover the legs (including thighs and lower legs).

敬请穿着能完全遮盖腿部（包括大腿和小腿）的裙子或裤子。

f. In respect for the solemnity of the group practice, please refrain from wearing pajamas or only underwear.

为了共修的严肃与庄重，敬请避免穿着睡衣或仅穿着内衣参加。

g. We kindly request that you avoid wearing transparent or semi-transparent clothing, so as to uphold the dignified atmosphere of our practice together.

敬请避免穿着透明或半透明的衣物，以维持共修的庄重氛围。

h. The dress code for Sun Lun Meditation Group Practice generally emphasizes modesty and comfort. As long as the above principles are adhered to, there are no specific requirements for styles.

孙伦禅修法共修衣着总体以端庄大方、舒适为宜，只要遵循以上原则，并无特别款式要求。

Thank you for your co-operation and understanding.

感谢您的配合和理解。